



# JOCKEY CLUB LEARN-TO-SWIM PROGRAMME FOR PRIMARY STUDENTS 賽馬會小學生習泳計劃

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A CASE STUDY  
案例分析





## EXECUTIVE SUMMARY

### 摘要

Perched on the South China coast and comprising more than 260 islands, Hong Kong is a city surrounded by water – yet many of its seven million residents have never learnt to swim. Surveys have shown that more than half the city's schoolchildren have not received any swimming lessons before they start primary school, and around one in six can still not swim by the time they reach secondary level.

The reasons are various but by and large, boil down to lack of opportunity. There are public swimming pools in most areas of the city – many built with The Hong Kong Jockey Club funding in the 1950s and '60s – but parents and schoolchildren in Hong Kong tend to lead very busy lives, and few local schools include regular swimming activities in their curricula. Another issue is that many of the older generation never learnt to swim, so there is no one at home to help and encourage the children. And for some disadvantaged families, the cost of tuition and equipment is a concern.

Long committed to helping Hong Kong people enjoy a better quality of life, and to working with community partners to address some of the city's social concerns, the Club's Charities Trust decided in 2016 to take a proactive approach to this issue. It committed funding of HK\$61.42 million to launch an 18-month Jockey Club Learn-to-Swim Programme for Primary Students in partnership with the Hong Kong Amateur Swimming Association (HKASA), Ocean Park and The University of Hong Kong, incorporating innovative elements to give parents an added incentive to enrol their children.

The Trust believes that helping children to learn swimming at an early age will not only enable them to acquire this essential survival skill, but will also encourage healthy sporting habits that will last them a lifetime and develop their interest in participating in other water sports.

香港坐落於南中國海，由超過二百六十個大大小小島嶼湊合而成，是一個被水包圍的城市。然而，七百萬市民中卻有很多不懂游泳。調查顯示，過半數的香港兒童就讀小學前沒有參加過任何泳班。大約六個學童之中，就有一個到中學仍不懂游泳；當中原因，大多因為缺乏習泳機會。

本港其實不乏公眾泳池，不少更早於五、六十年代由香港賽馬會捐助興建。不過，家長和學童日常生活非常忙碌，亦只有少數學校體育課程包括游泳。另一方面，很多家庭中年長一輩未曾學過游泳，家中自然沒有人可以幫助及鼓勵小朋友習泳。對部分基層家庭而言，泳班的費用和用品開支也令他們卻步。

香港賽馬會慈善信託基金一直積極與社區機構合作，致力提升市民生活質素。於2016年，慈善信託基金策劃及撥款6,142萬港元，與香港業餘游泳總會、海洋公園及香港大學合作，展開為期十八個月的「賽馬會小學生習泳計劃」，融合創新元素，提昇學童習泳動機，鼓勵家長為小朋友報名參加計劃。

慈善信託基金深信，幫助學童於幼年時掌握基本游泳技巧，不僅能減低他們日後溺水風險，還能培養對游泳以至其他水上活動的興趣。



# WHY THE CLUB TOOK THE PLUNGE

## 計劃理念



Safety and sporting ability among the city's young people were the two main guiding factors that led The Hong Kong Jockey Club Charities Trust to conceive the Jockey Club Learn-to-Swim Programme for Primary Students.

Hong Kong is a busy and crowded city that tends to be driven by academic results and offers fewer opportunities than most for children to learn sports during or after school hours. But surveys have shown that children who learn sports at an early age are eight times more likely to stay physically active when they grow up<sup>1</sup>. For this reason, the Charities Trust has made Sports one of its strategic focus areas for the coming years, and initiated or supported a number of programmes that help children take up and learn different sports so as to enhance their 'physical literacy', which includes their ability, confidence and desire for playing sports.

In this regard, swimming has added value because it is not only a form of regular healthy exercise – and one that can be equally enjoyed by overweight or less physically-able children – but is also a very social sport that helps young people build confidence and positive attitudes, and can lead them on to other water sports like canoeing and rowing. Most important of all, it's an essential survival skill.

A tragic ferry collision off Lamma Island in 2012, which killed 39 people including a number of young children, drew much public attention to sea safety and the importance of swimming ability. Subsequently, a study by Hong Kong Baptist University in 2014 revealed that only 53% of the city's secondary students were able to swim<sup>2</sup> – a far lower figure than for many other countries and regions, despite Hong Kong being surrounded by sea. In Australia, for example, 95% of children are able to swim by the age of 11.

水上安全和發展運動潛能，都是香港賽馬會慈善信託基金設計「賽馬會小學生習泳計劃」時的考慮因素。

研究顯示，年幼時參與運動的小朋友，相比沒有此參與者，長大後有運動習慣的機會高八倍<sup>1</sup>。可是，香港生活節奏急速、環境擠迫，學童在學校或課餘時間很少參與運動。因此，慈善信託基金將「普及體育」定為慈善策略範疇之一，主導或支持多個體育項目，幫助兒童掌握及享受運動。

游泳不但有助強身健體，不同體質、體型的兒童也可同樣享受參與，同時也能幫助年青人建立自信和正面態度。更重要的是，它也是一項重要求生技能。2012年的南丫島撞船事故，導致三十九人罹難，當中包括五名兒童。事故引起公眾關注海上安全及泳術的重要性。2014年香港浸會大學發表研究指出，只有53%的香港中學生懂得游泳<sup>2</sup>。而縱使香港四面環海，能游泳的中學生人數卻遠低過其他國家地區：例如在澳洲，95%兒童於十一歲時已懂游泳。

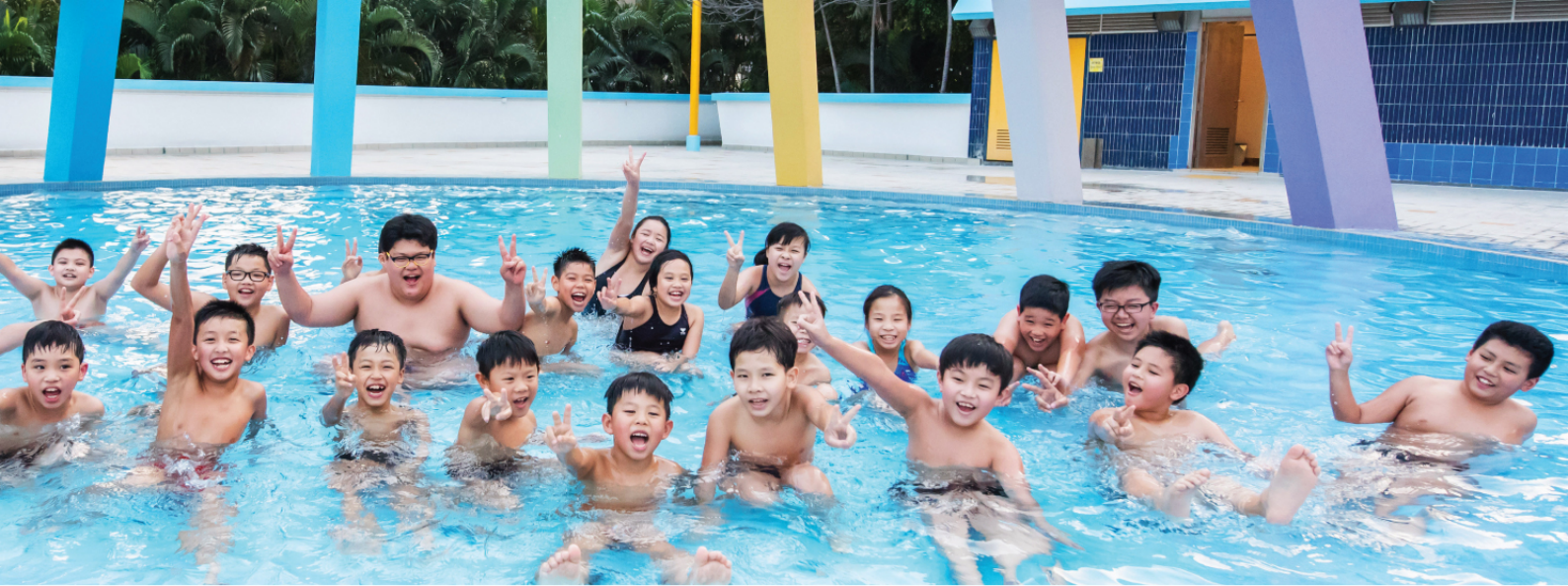
A STUDY BY HONG KONG BAPTIST  
UNIVERSITY IN 2014 REVEALED THAT

2014年香港浸會大學發表研究指出



1/ Perkins, D. F., Jacobs, J. E., Barber, B. L., & Eccles, J. S. (2004). Childhood and Adolescent Sports Participation as Predictors of Participation in Sports and Physical Fitness Activities During Young Adulthood. *Youth & Society*, 35(4), 495-520. doi:10.1177/0044118X03261619; Kids Sports Facts. (n.d.). Retrieved March 20, 2018, from <http://aspenprojectplay.org/the-facts>

2/ Louie, L., Wong, K.C., & Chow, B. (2014). A survey on the swimming abilities among secondary school students in Hong Kong. *Asian Journal of Physical Education & Recreation*. Vol. 20. (1), 6-11.



While the Education Bureau recommends that all students should be able to achieve a basic level of swimming ability by the time they complete primary education, many schools do not have the facilities or resources to make it a mandatory part of the curriculum. Outside school, children can take swimming classes run by the Leisure & Cultural Services Department or private clubs, but these are often heavily booked and the fees out of range to many, especially children from underprivileged families. Moreover, parents often place a higher priority on academic pursuits or other learning skills.

In devising the Programme, therefore, the Trust set a number of important criteria: it should target children at the earliest practicable age, Primary One level (ages 6-7), so that they could carry and develop the skill throughout their school years; there should be no affordability barriers; it should be equally accessible to children of all abilities and all backgrounds; and some form of education-related incentive should be offered to encourage parents and children to sign up for and complete the classes.

In addition, like all of the Trust-Initiated Projects (TIPs), the Programme should be grounded in extensive professional research and evaluation.

雖然教育局建議學生完成小六課程時，應掌握基本游泳技巧，但很多學校因沒有足夠設施或資源，沒法將游泳納入課程。課餘時間，儘管學生可以參加由康樂及文化事務署或私人泳會舉辦的泳班，但課程經常額滿；對很多基層家庭而言，參加泳班的費用也構成負擔。再者，家長往往注重學業成績多於培訓其他學習能力。

慈善信託基金在設計本計劃時，特意針對以上狀況。計劃對象是小一學生（六至七歲），因為這是最早適宜習泳的年齡，令他們以後有足夠時間掌握及發展泳術。再者，計劃不會加重學生的家庭經濟負擔，要讓不同能力背景小朋友都能參與。計劃也提供有教育原素的誘因，吸引家長報名及完成課程。跟其他香港賽馬會慈善信託基金主導項目一樣，計劃要有全面及專業的成效評估。

**THE PROGRAMME SHOULD TARGET CHILDREN AT THE EARLIEST PRACTICABLE AGE, PRIMARY ONE LEVEL (AGES 6-7).**

計劃對象是小一學生（六至七歲）。





# KEY PROGRAMME ELEMENTS

## 計劃介紹



THE NUMBER OF  
COACHES INVOLVED  
1:6 RATIO IN ALL CLASSES  
所有課程師生比例為一比六



Working with the Hong Kong Amateur Swimming Association (HKASA), Ocean Park and The University of Hong Kong as partners, a pilot programme was developed by The Hong Kong Jockey Club Charities Trust to target up to 16,500 Primary One students over an 18-month period starting in August 2016. This would enable about 35% of non-swimming P1 students in each cohort to become swimmers within a year.

The programme was conducted over three phases of six months, each offering 5,500 places. A total of 33 HKASA-affiliated swimming clubs were recruited to provide qualified coaches and facilities covering all major areas of Hong Kong Island, Kowloon and the New Territories, so as to minimise the time and cost of travel for participants.

Each enrolling student was given 20 free one-hour swimming lessons at their parents' choice of time and location. The number of coaches involved enabled the coach-to-student balance to be kept to a productive 1:6 ratio in all classes, and a special monitoring team was set up to ensure the lessons were being satisfactorily delivered.

While places in each phase were offered on a first come, first served basis, priority was given to students from underprivileged families, in keeping with the Trust's ethos of making sporting and educational opportunities inclusive to all. In addition, each child successfully enrolling was given a free set of swimming gear comprising a swimsuit, swim cap and goggles, to help the parents avoid additional costs.



20 FREE ONE-HOUR SWIMMING  
LESSONS AT THEIR PARENTS'  
CHOICE OF TIME AND LOCATION.

每位學生於各區指定泳池接受二十堂  
一小時免費習泳課程。

每位學生於各區指定泳池接受二十堂一小時免費習泳課程。所有課程師生比例為一比六，是最具教學效率的比例。另外，計劃成立了一條監測小隊，確保教學質素。

雖然每期課程以先到先得形式報名，但基層家庭及有特別需要的學生會獲優先考慮。此外，每位成功參加者會獲得一份免費游泳用品，包括泳衣，泳帽，泳鏡等，減少家長額外支出。

EACH CHILD SUCCESSFULLY  
ENROLLING WAS GIVEN A FREE  
SET OF SWIMMING GEAR.

每位成功參加者會獲得一份免費  
游泳用品。







# 80%

THOSE ACHIEVING 80% ATTENDANCE OVER ALL 20 LESSONS MIGHT ALSO HAVE THE CHANCE TO JOIN AN OCEAN PARK FUN DAY FREE OF CHARGE

於二十堂出席率達八成，更有機會免費與一位家長參加海洋公園的「藍勇士任務同樂日」

As an added incentive for parents to enrol their children and – most importantly – ensure that they completed the course, a series of special educational activities was arranged in conjunction with Ocean Park. All the enrollees received a programme booklet with a marine conservation story and access to the online learning platform, while those achieving 80% attendance in the first 10 lessons had the chance of attending a talk on marine conservation; and those achieving 80% attendance over all 20 lessons might also have the chance to join an Ocean Park Fun Day free of charge with one of their parents and complete a 'Blue Hero Mission' challenge to earn further rewards. Ten lucky children in each phase of the programme who achieved 80% attendance and the highest scores in an online mini-game could even get the precious chance to meet the Park's famous dolphins at close hand.

In this way, the participating children not only gained the valuable sporting and survival skill of swimming, but were also able to learn more about marine animals and the threat posed to their existence by polluted oceans – a valuable environmental message.

Playing an equally important partnership role was the School of Public Health at The University of Hong Kong, which conducted detailed studies at both the start and conclusion of the pilot project. To build a clear picture of the issues involved, the baseline survey analysed students' current swimming skills by age, stroke and distance, as well as by home area and family income level, and looked at the motivational factors or barriers they experienced in learning to swim. Involving nearly 5,000 primary schoolchildren from 28 schools citywide, it is believed to be the most comprehensive survey yet made of Hong Kong children's swimming ability, and will be a valuable reference source for future public or private sector initiatives.

The post-programme survey then compared 'before and after' swimming skills, as well as participants' changes in attitude towards swimming, water sports and marine conservation.

In addition, the University conducted a series of training workshops for the HKASA coaches, highlighting some of the motivational barriers to be tackled and the importance of psychology-based motivational techniques, so that they were better able to make the swimming lessons a positive and fulfilling experience for the children.

為提升家長為子女報名及完成課程的動力，計劃亦與海洋公園合作，加入一系列特別教育活動。成功參與學生可獲贈一本海洋保育故事小冊子，和登入海洋公園網上學習平台，於頭十堂出席率達八成的學生，有機會參加海洋保育講座，於二十堂出席率達八成，更有機會免費與一位家長參加海洋公園的「藍勇士任務同樂日」，完成挑戰及獲得更多獎勵。每期課程會抽出出席率達八成，及於網上遊戲取得最高分的十名幸運兒，可親身到海洋公園與海豚近距離接觸。故此，學生不只掌握基本游泳及求生技巧，亦學習更多關於海洋生物及海洋污染禍害的知識，獲得重要的保育訊息。

香港大學公共衛生學院同樣扮演重要角色。他們於計劃開始及結束時進行基線調查，建立明確及具針對性的評估。他們從學童的年齡、泳姿及游泳距離分析其游泳技巧，也統計學生的居住區域及家庭收入，找出他們參加計劃的動機和遇到的困難。另外，調查亦比較學童參加計劃前後，游泳技巧的分別，以及對游泳、水上運動與海洋保育的態度轉變。這項調查有來自二十八間小學、近五千名小學生參與，是目前有關香港學童游泳能力最全面的研究，也是日後發展相關項目的寶貴參考資料。

除此之外，香港大學亦為香港業餘游泳總會教練設計一系列工作坊，教授提升游泳動機、具鼓勵性的教導技巧，令教練更能為學童提供正面及愉快的游泳經驗。



# BRINGING TOGETHER DIFFERENT PARTNERS

## 匯集不同合作夥伴

In initiating and funding projects that contribute to the city's long-term betterment, one of the valuable strengths that The Hong Kong Jockey Club Charities Trust can bring to the table is its ability to bring together partners from different walks of life – Government departments, academia, NGOs, local community organisations and many other others. In this project, the Trust has worked with three quite disparate partners, each playing their own important and complementary role:

在發展香港市民能長遠受惠的項目時，香港賽馬會慈善信託基金擅於集合各界夥伴，包括政府部門、學術界、社福機構，及地區團體等。在「賽馬會小學生習泳計劃」中，慈善信託基金與三個機構合作。他們各自擔當重要角色，更發揮互補的作用：



### THE HONG KONG AMATEUR SWIMMING ASSOCIATION (HKASA) 香港業餘游泳總會（泳總）

The Hong Kong Amateur Swimming Association (HKASA) is the Government-appointed national sports association for swimming sports in Hong Kong, including pool and open-water swimming, diving, water polo and synchronised swimming. Besides promoting and developing these sports, it is responsible for nurturing elite swimmers and providing training to athletes, officials, judges and coaches in Hong Kong through various competitions, training courses and teaching activities. Founded in 1950, it is a member of the sport's international governing body FINA and the Sports Federation and Olympic Committee of Hong Kong, China (SF&OC). It currently has over 110 affiliated clubs, 33 of which participated in the Jockey Club Learn-to-Swim Programme for Primary Students.

HKASA Chairman Ronnie Wong says learning to swim is not only valuable for children's health and safety – it can make a big difference to their confidence and personality, too. "From what I've observed, the children are more active and more positive in life after joining the Programme," he says. "They also learn better how to get on with other people. Children feel good about themselves when they've learned to swim. They make new friends and it helps them when they go on overseas holidays." The main difficulty in encouraging Hong Kong children to learn swimming at a young age, he says, is that "kids here have so many things they need to learn both inside and outside school, so swimming is not a high priority". Money is also a big concern for those from lower-income families, he adds. "Providing the children with free swimming gear definitely helps parents put its priority higher."

香港業餘游泳總會（泳總）是代表本港游泳運動的機構，除了推廣游泳、跳水、水球及韻律泳，亦透過籌組不同類型比賽、課程及培訓活動培育精英運動員及普羅大眾，以至訓練工作人員、裁判及教練。泳總於1950年初成立，是受「國際泳聯」（“FINA”）及本地「中國香港體育協會暨奧林匹克委員會」（“SF&OC”）承認的游泳體育總會。泳總現時有超過一百二十個屬會，當中轄下三十三個屬會參與「賽馬會小學生習泳計劃」。

泳總會長王敏超太平紳士表示，習泳不只對兒童健康及安全有益，也能幫助他們建立信心和性格發展：「從我所見，學童參加計劃後變得更主動和積極，也懂得如何與人相處。小朋友學懂泳術後，整體自我感覺變得更正面。他們不但認識到新朋友，海外旅遊時也有幫助。」他認為，計劃最大困難，是「現時小朋友校內校外都有太多東西要學，游泳並不是最逼切。」費用也是基層家庭一個重要考慮因素。他補充，「為學生提供免費游泳用品，的確可以吸引家長替小朋友報名參加。」





## OCEAN PARK 海洋公園

Ocean Park, one of Asia's leading edutainment theme parks, has a memorable connection with The Hong Kong Jockey Club that goes back to its roots 41 years ago. Ocean Park was built with charitable funding from the Club in 1977 to provide Hong Kong residents with a world-class recreational and educational facility, and managed by the Club in its early years. Since then, the Club and its Charities Trust funded various facilities and attractions at Ocean Park including The Hong Kong Jockey Club Sichuan Treasures, which houses the Giant Pandas. The Club has also worked together with the Park on a number of educational programmes.

Ocean Park's Discovery & Education Director Isabel Li says they jumped at the chance to become a partner of the Programme because it offers an excellent platform for young people to explore marine life and appreciate the biodiversity of the ocean as they learn to swim. "If you know how to swim, you can be more connected with the ocean," says Li.

Ocean Park embarked on a number of initiatives to help make the Learn-to-Swim Programme a success, including the set-up of an interactive website featuring precious local marine animals and production of an educational booklet featuring 13 checkpoints at the Park. Children are invited to visit the checkpoints with their families to uncover fun facts about an array of marine animals and their habitats.

"The kids are not just going after the prize. They really enjoy uncovering the hidden animal and habitat conservation information that each location has to offer. Parents love the idea of integrating swimming with conservation," Li continues. "Going to the beach and swimming in the sea are great ways for young people to get closer to nature."

海洋公園是亞洲頂尖教育娛樂主題公園之一。香港賽馬會早於1970年代撥款興建海洋公園，並於早年負責營運，為香港市民提供世界級休憩及教育設施。香港賽馬會慈善信託基金不斷資助海洋公園興建不同設施及景點，例如香港賽馬會四川奇珍館，是大熊貓的居所。慈善信託基金在多項教育活動上，也與海洋公園合作。

海洋公園探索及教育總監李美盈女士表示，成為「賽馬會小學生習泳計劃」的合作夥伴，是因為計劃給予年輕一代良好的平台去探索海洋生物，以及透過習泳欣賞海洋生物的多樣性。李女士指出：「如果懂得游泳，你便能更親近海洋。」

海洋公園為令計劃取得成功，推出多項活動，包括設立互動遊戲網站，介紹本地海洋動物，也出版教育小冊子，專題介紹公園內13個主題熱點，邀請學生和家人訪尋主題熱點，認識一系列海洋動物及其棲息地等有趣資訊。「同學們不只是為贏取獎項，他們是真正享受於每個主題熱點，發掘隱藏的動物和保育其棲息地的資訊。家長也很喜歡將游泳和保育融合的意念。」李女士說：「去沙灘游泳，也是讓年輕一代近距離接觸大自然的方法。」

## THE SCHOOL OF PUBLIC HEALTH, THE UNIVERSITY OF HONG KONG 香港大學公共衛生學院

The School of Public Health at the University of Hong Kong is an education and research unit attached to the Li Ka Shing Faculty of Medicine which is actively involved in public health advocacy and translating research findings into health policies.

Associate Professor Dr Derwin Chan, a former elite triathlete who specialises in the motivational and social aspects of health behaviour, particularly in the context of youth sport participation, says that most swimming classes in Hong Kong have hitherto tended to focus on performance rather than safety training. "This reflects the culture of Hong Kong, though is also found in other countries," he observes. "But in fact the more and further you swim, the greater your exposure to accident. Swimming is not just about sport, but survival."

Dr Chan also notes that although parents play a valuable role in influencing their children to swim, they are not always the best teachers. "Our studies showed that children taught by their parents are generally less confident, can swim less far and have lower ability," he says. "Trained coaches are needed to guide them and build a foundation of swimming in their hearts."

香港大學公共衛生學院是李嘉誠醫學院其中一個教育研究單位，積極推動有關公共衛生倡議，和將研究資料帶入健康政策。陳勁聰博士是公共衛生學院助理教授，也曾是三項鐵人項目運動員。他的研究範疇包括建立健康行為的動機和社會因素，特別是在青年參與體育方面。他指出，香港的游泳課程，迄今仍集中追求成績速度，而非水上安全技能。「雖然其他國家也有類似做法，但這也反映出香港文化。」他指出：「事實上，游得越快，遇上意外的機會可能越高。游泳不只是一項運動，也是求生技能。」

陳博士也表示，父母對子女會否游泳擔當重要角色，但未必是最合適的游泳教練：「我們研究顯示，由家長教授泳術的小朋友，普遍信心和游泳能力較低，可游距離也較短…小朋友需要受過訓練的游泳教練指導他們，幫助他們建立良好游泳基礎。」





## IMPROVED SKILLS, HIGH SATISFACTION

### 參加者普遍改進泳術， 亦滿意計劃

The post-programme assessment conducted by The University of Hong Kong during the second cohort of the Jockey Club Learn-to-Swim Programme for Primary Student, covering a sample of 1,600 participants, indicates that:

- 2/3 of participants were able to swim at least 5 metres
- over 40% could manage 15 metres or more
- over 85% said they now planned to continue learning swimming, and a similar percentage said they now felt physically stronger and safer in the water

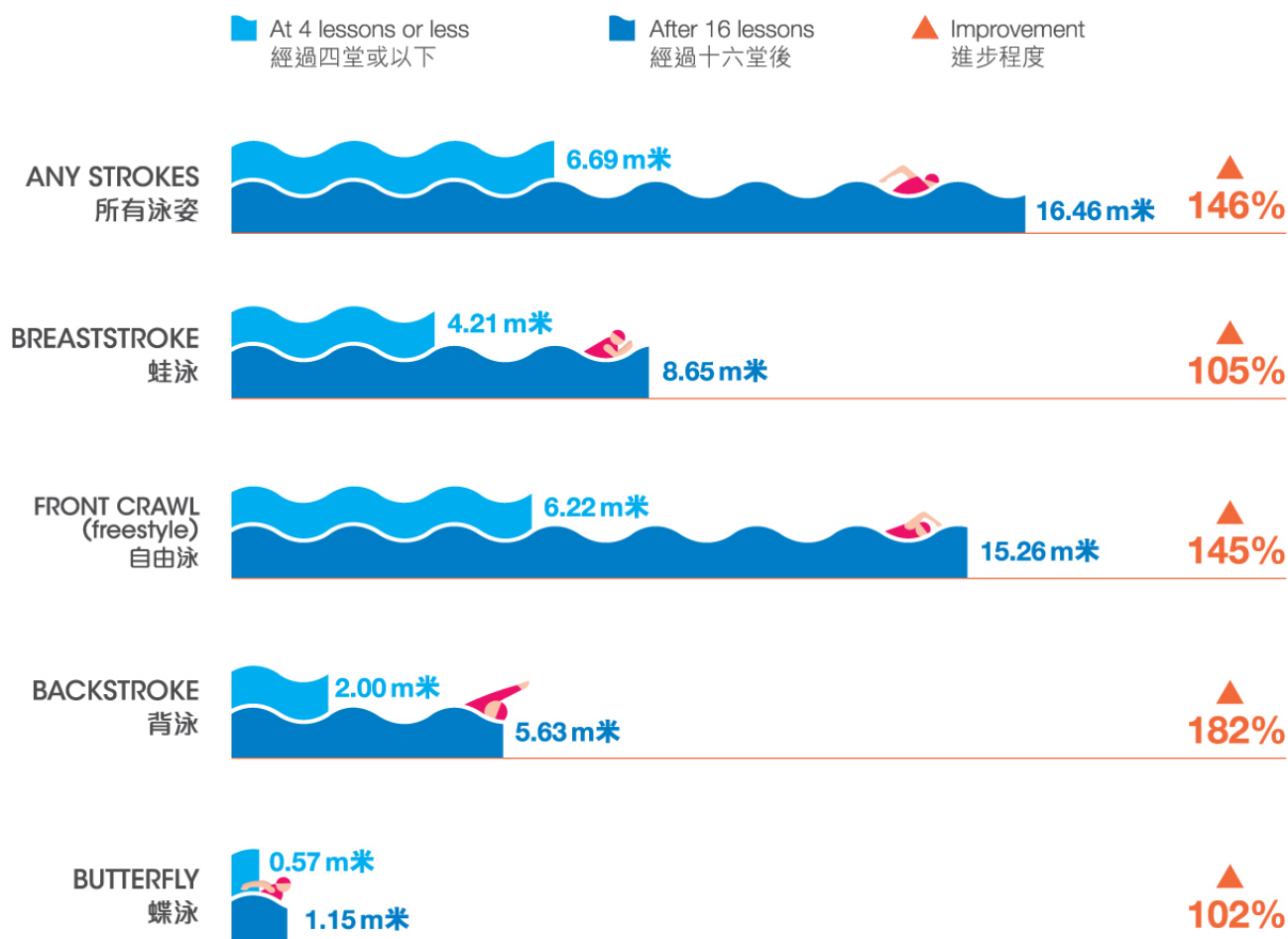
香港大學公共衛生學院於「賽馬會小學生習泳計劃」第二期，邀請一千六百參加者進行測試，發現：

- 兩成三參加者最少能游五米距離
- 超過四成可以游達十五米或更多
- 超過八成五參加者準備繼續學習游泳，以及覺得習泳後身體較強壯，在水中感覺較安全



# STUDENTS' FURTHEST SWIMMING DISTANCE ACROSS ALL STROKES HAS MORE THAN **DOUBLED**

學生用不同泳姿能游泳  
距離增長超過一倍



I want to learn swimming to become healthier and fitter. And I can become a swimming coach or a lifeguard when I grow up.

我想學習游泳，令身體變得更壯健。待我長大後，我也能當游泳教練或救生員。

P1 Student  
小一學生





# STUDENTS' GENERAL WATER SKILLS HAVE **SIGNIFICANTLY** IMPROVED

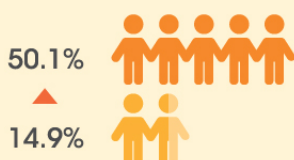
## 學生基本游泳技巧有**重大進步**

% of students acquired swimming skills  
學生掌握游泳技巧百分比

At 4 lessons or less  
經過四堂或以下

After 16 lessons  
經過十六堂後

Swimming under water  
於水中游泳



Kicking at poolside  
於泳池邊踢水



Holding breath under water  
於水中閉氣



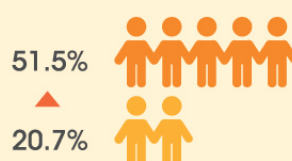
Kicking with kickboard  
用浮板踢水



Floating on water  
於水面浮起



Treading water  
踩水



“

I was introduced to the Learn-to-Swim Programme by other parents. It is free of charge and allows students to enrol with great flexibility. That's why I joined. Since Ming-yan joined the programme, I found she has become healthier and more disciplined, and has shown improvements in school work and grades.

是其他家長介紹『賽馬會小學生習泳計劃』給我的。這計劃免費之餘，亦給予參加學生很大彈性，所以我就替小朋友報名。自從明恩參加計劃後，她身體比以前健康，更有紀律，學校功課和成績亦有進步。

Parent  
家長

”



## STUDENTS' RESPONSES TO THE PROGRAMME ARE **STRONGLY POSITIVE**

學生對計劃的反應**非常正面**



86%

Feel physically stronger  
after programme  
參與計劃後感覺更強壯



86%

Will continue to learn  
swimming  
會繼續學習游泳



86%

Feel safer when  
swimming after  
programme  
參與計劃後於水中  
感覺更安全



79%

Interested to further  
understand Ocean Park's  
conservation programme  
有興趣知道更多海洋公園  
的保育計劃



I asked my mom to let me learn swimming after I saw my sister swim.  
I think it is an important skill, so that I won't get drowned in the water.

當我看見姐姐游泳後，我問媽媽可否也讓我學游泳。我覺得它是一個  
重要技巧，因為學懂以後我便不會怕溺水。

P2 Student  
小二學生



72%

Will now join other  
sporting activities  
未來會參與其他運動



71%

Ocean Park's activities is  
a motivation to join the  
programme  
海洋公園的活動提高到  
參與習泳計劃的興趣



68%

Will now join other  
watersports activities  
未來會參與其他水上運動



The University of Hong Kong's post-project assessment report says that "Overall, we conclude that the Jockey Club Learn-to-Swim Programme for Primary Students is highly valuable to Hong Kong as there is a great proportion of children who are unable to swim or cannot learn swimming for financial reasons. The Programme is the first, large-scale programme aiming to resolve this issue by allowing students to experience and learn swimming. The programme has not only been shown to enrich Hong Kong children's swimming ability, but also the relevant adaptive psychological and motivational factors of swimming have improved over time. We speculate that these factors can build up children's initiative and commitment to taking part in swimming, watersports or other physical activities throughout their lives.

"With this, we strongly support the continuation of the Programme with future emphasis on swimming safety and quality of coaching."

香港大學總結對計劃的評估指出，「『賽馬會小學生習泳計劃』對香港極具貢獻，尤其是因為不少本地學童因為家境問題未能學習游泳。『賽馬會小學生習泳計劃』是第一個透過減輕家庭經濟負擔，讓學生能夠體驗及學習游泳的大型習泳項目，不但增強了參加者的泳術，也改善他們參與游泳動機。我們認為，這些改變會使兒童往後更有動力、更投入參與游泳、水上運動及其他體育活動。基於研究結果，我們非常支持繼續舉辦類似習泳計劃，未來可加強著眼於游泳安全及教練質素。」



“

Swimming is not only a skill; it can also benefit children's mental development. I hope HKJC can further expand the programme into a citywide initiative to benefit all children.

游泳不只是一項技巧，它對兒童情緒發展也有益處。我希望賽馬會可以擴展這計劃至全港，讓更多學童受惠。

Swimming Coach  
游泳教練

”

“

I welcome HKJC's Learn-to-Swim initiative and will promote it in my school. I hope my students can acquire this important survival skill through this programme, as well as the value of perseverance. 我很歡迎馬會推出『賽馬會小學生習泳計劃』，會於自己學校推廣。我希望我的學生能透過計劃掌握重要的求生技巧，學懂不屈不撓的精神和價值。

School Principal  
學校校長

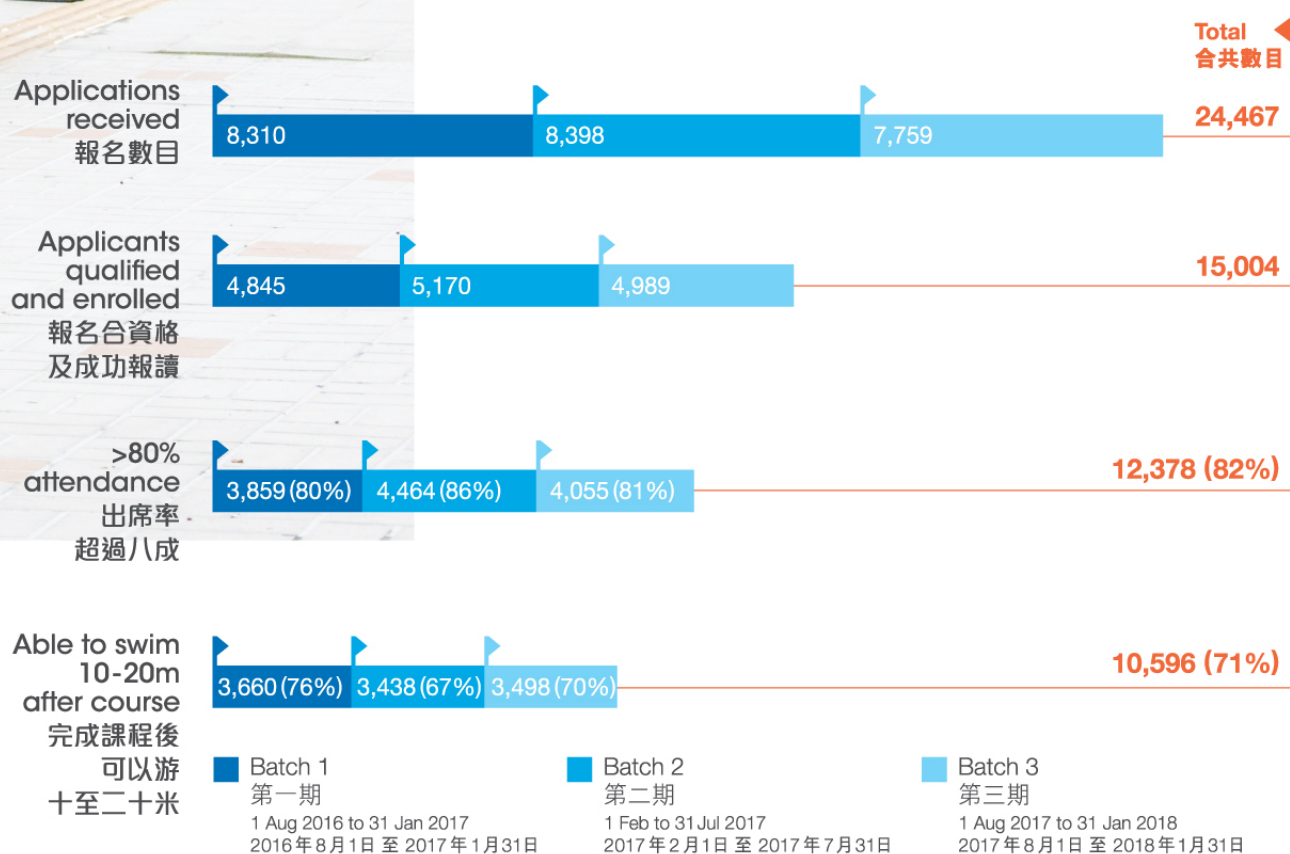
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SEPARATELY FROM THE UNIVERSITY OF HONG KONG'S RESEARCH, AN ANALYSIS OF PARTICIPANTS IN EACH BATCH AND THEIR SWIMMING ABILITY AFTER THE PROGRAMME (AS REPORTED BY THE COACHES) ALSO SHOWS **ENCOURAGINGLY POSITIVE** FIGURES:

除香港大學的研究外，每期課程完結後，由教練提供有關參加者的游泳能力分析也令人鼓舞：



A total of 2,854 participants were from less privileged families (19% of enrolled participants), and were given priority to enrol in the Programme<sup>3</sup>.

總計有 2,854 名參加者來自基層家庭（佔總參加者人數 19%），他們均獲優先報名處理<sup>3</sup>。

3/ 1,162 are from families under CSSA and another 1,692 are receiving School Textbook Assistance. Priority for students receiving School Textbook Assistance was introduced in Batch 3.

1,162 名參加者來自綜援家庭，另外 1,692 名參加者接受學校書簿津貼。計劃第三期亦優先處理接受學校書簿津貼的學生報名。



# PLANNING THE WAY FORWARD

## 計劃未來

While all parties involved have expressed strong overall satisfaction with the pilot operation of the Jockey Club Learn-to-Swim Programme for Primary Students, they have also made a number of constructive comments for how it could be improved in future phases. The Hong Kong Jockey Club Charities Trust is now taking all these points on board as it plans the next stage of the programme.

所有合作夥伴除了十分滿意「賽馬會小學生習泳計劃」的實行情況外，也提供不少具建設性的意見改進未來課程。香港賽馬會慈善信託基金會吸取這些寶貴經驗和意見。

### ENVIRONMENTAL AWARENESS

Ocean Park's Isabel Li notes that besides learning about marine conservation, there is a need for children to understand the importance of caring for the environment at an early age, in particular the impact of marine pollution. She suggests a beach clean-up could be organised for future phases of the programme to highlight the connection between reducing the consumption of disposable items and clean, safe swimming at beaches, as well as improve water quality for marine animals.



### 保育意識

海洋公園探索及教育總監李美盈女士指出，除了學習有關海洋保育知識外，小朋友也有需要及早明白保護環境的重要性，尤其是海洋污染的影響。她建議未來習泳計劃可以安排沙灘清潔活動，強調減少使用即棄物品、泳灘安全游泳，以及為海洋生物改善水質之間的關係。

### SAFETY TRAINING

While a key objective of the programme was helping children gain water survival skills at an early age, this appears to need stronger emphasis in future phases. The University of Hong Kong's Principal Investigator for the project, Dr Derwin Chan, notes that although most participants improved their general swimming ability and distance significantly, other skills essential to safety such as treading water showed smaller levels of improvement.

It may be appropriate to adopt a similar model to the Netherlands, where swimming classes include real-life simulations – for example falling into the water fully clothed and swimming to the other side of the pool; swimming without goggles to experience opening one's eyes in water and finding a safe direction; and swimming with obstacles in the pool to simulate natural bodies of water<sup>4</sup>.

### 安全訓練

計劃的主要目標是幫助學童在幼年時掌握水中求生技巧，這目標於將來課程仍需加強推廣。計劃首席研究員、香港大學公共衛生學院的陳勁聰博士指出，雖然大部分參加者都明顯地提升了基本游泳能力和距離，但其他重要求生技巧如「踩水」，還有很大的進步空間，或許值得借鑑荷蘭泳班包括模擬情境訓練模式，例如穿著日常衣服跌落水中，再游到泳池對面；不佩戴泳鏡游水，藉此體驗在水中張開雙眼游泳及找到安全方向；還有在障礙物中游泳，體驗在真實水中的感覺<sup>4</sup>。

4/ The National Board of Swimming Safety (Netherlands): <https://www.nrz-nl.nl/>

### COVERAGE AND LENGTH OF COURSE

HKASA Chairman Ronnie Wong would like to see the programme extended to more children but cautions that this depends on more facilities and more qualified coaches being available. "It would be impossible to double the number of participants, but hopefully it can be gradually increased," he says. "The main thing is that we need to get more swimming clubs involved. We have 33 taking part in the programme now and could add perhaps ten more." He also feels 20 lessons might not be enough for some children to achieve the 'pass' rating of being able to swim 20 metres unassisted. Longer courses, if feasible, would also allow more of the above safety elements to be incorporated.

### 課程覆蓋範圍與數量

泳總會長王敏超太平紳士希望能擴展計劃，讓更多小朋友參與，但亦提醒這需要更多設施和合資格教練配合。「雖然要參加人數增加一倍是不可能，但也希望參加人數可以逐步增加。」他說：「重點是我們要讓更多泳會參與計劃。我們現時有三十三間屬會參與，希望可以再增加十間。」他亦覺得，二十堂泳課對那些沒有幫助下已游到二十米、達合格標準的學童來說未必足夠。長遠而言，可以於泳班中包括更多安全元素。







## MOTIVATING PARENTS

Data from HKU's study shows that some parents are still reluctant to allow their children to go swimming because of perceived concerns about the risk of drowning. Yet not being able to swim in the event of an accident carries far greater risk. The Trust will consider strengthening the public education element of future phases, targeting parents on the importance of learning to swim.



### 鼓勵家長

香港大學的數據顯示，一些家長因擔心子女上泳班的安全，未必願意讓子女習泳。然而，當遇上意外，不懂泳術者遇溺風險其實更高。慈善信託基金會考慮在未來課程加強公眾教育部分，著力向家長講解習泳的重要性。

## COACH WORKSHOPS

HKU's Dr Chan believes the special workshops organised for participating coaches were especially valuable as they focused on communication skills and how the coaches could best motivate the children. "The coaches all said they found the workshops very useful. The key to success is instilling in the children a sense of commitment that they want to learn to swim for their own benefit, not just because that's what their parents want." Given this positive feedback, the project team would like to consider building on the programme to organise wider courses for swimming coaches on the motivational and psychological aspects of making swimming a positive learning experience for younger children.



### 教練培訓

香港大學公共衛生學院的陳博士相信，教練工作坊內容非常重要，因為工作坊集中教授溝通和鼓勵學生技巧，「所有教練都認為工作坊非常實用。習泳計劃成功關鍵，在於令學童由心而發對游泳產生興趣而願意學習，而非只是應家長要求參與。」基於這些正面意見，慈善信託基金團隊考慮為教練安排更多元化課程，包括從動機及心理方面著手，讓游泳成為小朋友正面學習經驗。

## UNDER-PRIVILEGED CHILDREN

Although enrolment priority was given to children from less privileged backgrounds and the programme was designed to remove concerns about course fees or swimming gear costs, the study showed that many of these parents had difficulty bringing their children to the swimming classes, given their work schedules and other commitments. Creative solutions may need to be explored, such as collaborating with schools and NGOs so that social workers or other professionals can bring these children to the classes.

### 基層兒童

雖然計劃優先考慮基層家庭學生，以及免除課程及裝備的費用，但研究指出，很多家長因工作及其他日常行程，在接送小朋友上泳班時遇到困難，這需要其他解決辦法，例如與學校及社福機構合作，讓社工及其他專業人士接送學生上泳班。





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The Hong Kong Jockey Club Charities Trust  
同心 同步 同進 RIDING HIGH TOGETHER

The Organiser 主辦機構



香港業餘游泳總會  
Hong Kong Amateur Swimming Association

Programme Partners 計劃夥伴



香港大學  
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